

Caring For a New Ankle Sprain

Ice: Apply ice for 15 – 20 minutes then remove ice for 1 hour. Repeat as much as possible the first 48-72 hours. Ice cubes in a Ziploc bag, frozen peas/corn or a slushy pack are all good ways to ice the injured area.

Slushy pack

1. One bottle of rubbing alcohol
2. Two bottles of water
3. Mix in a large Ziploc bag, and freeze

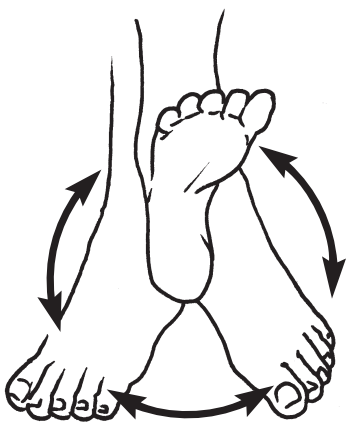
Compression: Use an ace wrap or other ankle wrap. Always check to make sure the wrap is not too tight. Remove wrap at night. Research suggests that ice + compression is better than either of them alone. When re-wrapping ankle, begin at toes and work up toward the knee.

Elevation: Raise the injured area above the heart. For a leg, put bricks or books under the bed frame feet at the bottom of the bed. This makes sleeping easier without trying to stay on a stack of pillows.

When should I see a doctor?

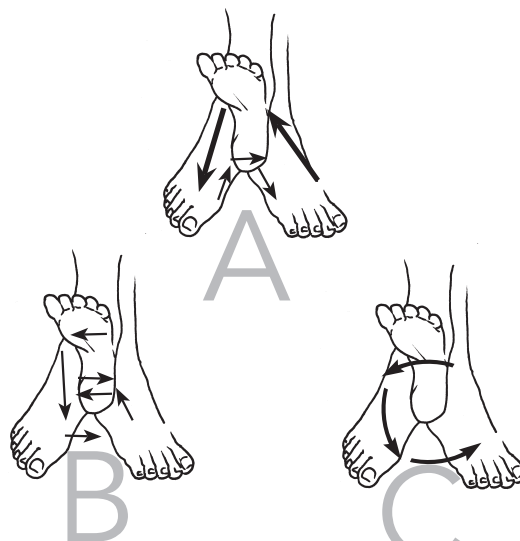
- If the symptoms last longer than a week
- If you cannot put any weight on the ankle due to pain

Get moving as soon as possible. Below are some exercises that may be started when they can be done without pain. Some soreness may be present.



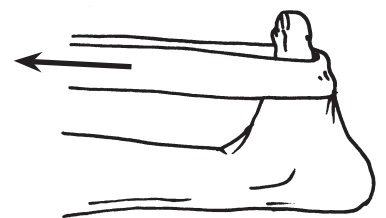
20-30 circles counter clockwise then 20-30 circles clockwise

2-3 x per day



A-Z upper case; then a-z lower case

2-3 x per day



Using a towel or belt, gently pull your foot back.

Hold 30 seconds 3-5 x